

<http://bbs.chemek.cc.or.us/public/syllabus/ece155.bizik.htm>

Chemeketa Community College
4000 Lancaster Drive NE
PO Box 14007
Salem, OR 97309-7070

Term: Winter

Credits: 2

Instructor:

Brian Bizik

Office Hours:

None

Office Location:

None, I am not important enough yet.

Phone:

(503) 373-9643- home 373-4425 - work

Diversity

We are a college community enriched by the diversity of our students And staff. Each individual and group has the potential to contribute in our learning Environment. Each has dignity. To diminish the dignity of one is to diminish the dignity of us all.

Accommodations

If you feel you may need an accommodation for any type of disability, please see me during office hours or make an appointment to see me.

Attendance

Attendance and participation in class is expected. If for any reason the final grade is unclear, regular attendance and active participation will be taken into consideration.

Syllabus

Child Nutrition

Course: ECE155.BIZIK

Required Text

Food, Nutrition, and the Young Child, 4th ed.
Endres and Rockwell

You can get this text from the bookstore. If you live far away, call them and they can send it to you.

Course Description

This introductory course is designed to provide the student with a brief but comprehensive look at the field of child nutrition. The course will include discussions on the following: 1) nutrition in general 2) nutrition as it applies to the infant 3) nutrition as it applies to the toddler (1-3 years) 4) nutrition as it applies to the child (3-5 years) 5) how to get your child to eat and 6) current nutritional trends and fads.

Prerequisites

None

Performance Based Learner Outcomes

Upon successful completion of the course, students should be able to:

1. Understand the difference between scientific and non-scientific nutrition.
2. Understand the six nutrients and how they are used by the human body.
3. Have a working knowledge of the nutritional needs of infants, toddlers, and pre-school aged children.
4. Encourage childhood eating that is healthy both physiologically and psychologically.
5. Understand how to apply nutritional principles to ones own life.

Primary Teaching Method

The way we will attack this nutrition thing is through a weekly cycle of activities. In other words, each week you will have a set of things to do. While the information will change from week to week, the weekly rhythm will not. This pattern will help you know exactly what is required of you and limit frustrations. We will complete 10 weekly cycles of activities. This pattern may seem hard at first but print this syllabus out and keep it handy. Soon this will seem routine! Below is the list of things to completed each week:

1. Text reading- you will be assigned specific pages to read out of your text book. As with all information, you will be responsible for the readings and may be tested on any or all of it. All text reading should be completed by Friday of each week. Because this is an online class, it is my suggestion to you that you read most of the text book, especially the chapters that we cover. It is imperative that you put much effort into reading and, if needed, re-reading the material so you can learn the information required. However, you will only be tested on the assigned reading. All other reading, the stuff you choose to do, is used as an adjunct to the assigned text reading.

2. Online reading- each week there will be posted readings. These readings will in some ways take the place of lectures, thus they will be testable. This means you are required to read all of the weekly messages and know the information for quizzes and exams. These readings will be online sometime on the Friday before the week they need to be done. I will also use these readings to keep you up to date on how the class is progressing and my feelings about what will happen in the future. Read this section carefully! Since the readings will reflect the pace of the class and answers to current questions, they will be written by me the week before they go online. Because of this, they will not be available earlier than scheduled. All online reading should be completed by Friday of each week.

3. Assignments- each week you will have a specific assignment. These may include projects, experiments, or taking field trips to other online sites. The assignments will be posted each week on the Friday before the week they need to be completed. The assignments will need to be completed by Friday (meaning you will have one week to work on them). I will E-mail you with grades and comments as soon as I have them corrected.

4. Response- most weeks you will be required to respond to the assignments of other students. The number and type of responses will vary from week to week. Instructions for the responses will be posted on the Friday before the week they are due. Responses need to be sent by the Monday of the following week (meaning you will have the weekend to ponder the weeks events and respond to your classmates). All responses should be posted in the class message area and should be marked *public*.

5. Weekly quizzes- On every week that there is not an exam, you will be given a weekly quiz. These quizzes will be open book and fairly short. Also, you are welcome to discuss the quizzes amongst yourselves. If you want to E-mail a question or discuss a problem with any other students, GO FOR IT. In fact, feel free to send them to the class for public reading and you might find that I (and your classmates) get very impressed with your great discussions !! Do not underestimate the power of these quizzes. They will help you prepare for the tests and will help me judge your weak areas so they can be made stronger by test time. Quizzes will be online by Friday. To access the quiz you need to go to the class home page and click on the line marked quiz 1 or what ever week we are on. You will then be taken to the quiz. Feel free to print out the quizzes and come back and finish later. Once you submit your quiz with answers you will get an immediate response telling you how many you got right.

In many respects quizzes are different than most of your assignments. The plan here is for you to work on your assignments and reading during the week and then, on Friday, get a quiz that will help you (and me!) determine if

you are studying the right things. You will need to complete the quiz by Monday of the next week. This will only give you four days to work on the quiz. This should not be a problem because the quizzes will be reasonably short and simple.

A Note on Testing:

The course will require you to take two exams. The first exam will be taken and graded online, much like the weekly quizzes. This exam will occur during the fifth week of class (or so). This exam will have the same deadlines as the quizzes so will be online by Friday of the week before it is due and needs to be back to me by the following Monday.

The final exam will be proctored. This means you will need to come to Chemeketa if you live close enough, or have the test mailed to the nearest community college, library or similar facility where you can then go and take it. You will need to take the final exam sometime between Monday, March 15th and Thursday, March 18th at 3:00 P.M. So, those of you who live off in exotic places like Hermiston and Gold Beach will need to have the exams faxed back to me by 3:00 P.M. on Thursday. The fax number we will use is (503) 399-6979. Please note that all faxed tests need to be readable. Please use black ink only. For the Salem area people, the test will be given in Bldg. 50, room 102. Just go in and ask for Lauri Belden, and she will proctor the test for you. You will need valid photo ID to take this exam.

A word of comfort when it comes to the mid-term and final exams. First, the midterm will be open book and note so don't sweat this one too much. For the final, I will provide you with a study guide approximately one week before the test is due. This guide will help you focus on what to study.

Grading

Grading- Final grades will be determined in the following manner:

90-100% A
80-89% B
70-79% C
60-69% D
59% or less F

Points will be awarded as follows:

Weekly quizzes (20%) 100 points
Projects/assignments (20%) 100 points
Exam #1 (20%) 100 points
Final Exam (40%) 200 points
total 500 points

As you can see from the above, the final exam is worth a large portion of the grade. This is to provide substantial proof that you learned the required information. Remember, the final exam is proctored and you will not be able to pass the course if you fail the final exam.

An *incomplete* grade will be issued by the instructor according to the guidelines that are printed in the *Chemeketa Community College catalog*. The catalog reads:

an instructor may give you an 'Incomplete' when, in his or her judgement, you have not finished a minor portion of the required class work although you attended the class regularly."

Class Policies

Late work:

Because of the very nature of computers and online instruction, there will no doubt be a good deal of technical trouble. If you have trouble getting an assignment in to me on time, it is your responsibility to inform me of this fact BEFORE the due date. If you do not, then you may be subject to point loss.

All late work that is not excused due to tragedy or technical problems will be accepted with some point loss. The going rate for this class will be a 10% deduction for every day an assignment or quiz is late. There will be a tendency to procrastinate with online education, and I want to gently encourage you to stay on top of things and anticipate computer problems. Work early in the week to ensure that you can get things in on time.

Please understand that it is your responsibility to make sure your work is posted. What you will want to do is send your assignment or quiz and then go to the message area and make sure it is posted. If not re-send it. One thing you should get good at is cutting and pasting. It will save you a good deal of time and headaches if you will type your assignments offline using your word processor. Then log on and paste your assignment into the message to be sent. This way if you get cut off or it is not posted, you can easily re-send it.

There are a couple of new things this term I want you to know about. First, I will be giving a plus (+), a check or a minus (-) grade for assignments. I have no alternative but to grade you weekly on your work, and this system will reward those of you who spend a good deal of time on the weekly assignments. The last new item this term is a dead-line for late students. The cut-off this term will be the start of week #4. All students not up to date on assignments and quizzes by the start of week #4 will not be allowed to continue.